



NCTS SAN DIEGO

OMBUDSMAN NEWSLETTER



FEBRUARY/MARCH 2012



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CO's Corner

Happy New Year NCTS Families. As many of you are already aware, CDR Watkins and I conducted our Change of Command on January 12th. I am happy to be here in San Diego not just because the weather is gorgeous, but also because of the warm welcome the team here has provided. I want you to know you are also part of this family and I look forward to meeting each of you over the next couple years.

As we begin this year in some fiscal uncertainties, please understand that one of my primary focuses will be to continue to support the team in balancing mission requirements with personal goals and desires.

I encourage you to return an information sheet to the Ombudsman, if you have not done so yet, so we can ensure you get information as well. I know my wife Dita often reminds me of how much I "forget" to tell her and it is our goal to make sure you know of significant events and truly feel an active part of this family. We are looking for additional ways for you to be part of more social events in the command including potential play dates, spouse or significant other events, and opportunities to strengthen our family support network. I know the critical part you play in keeping our team strong. Please let us know if you have good ideas.

I promised I would keep this one short (since I'm the new guy) but I wanted to be able to say thank you for supporting your loved ones in this career choice. The commitment and dedication I see here can only be accomplished when we have a strong family support system. I am amazed everyday by the efforts this team continues to demonstrate. I look forward to seeing you all and sharing the next couple years of challenges and achievements.

Best Wishes,
CDR Gene Bailey

*NCTS San Diego
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OMBUDSMatters

By Anna, Ombudsman, NCTS San Diego

Happy New Year! I hope that everyone had an enjoyable Holiday Season and that you were able to spend some quality time with friends and family.

As 2012 is now here in full force, I am excited to be able to bring you information on some of the events and resources to help you through the winter months. I am also honored to introduce the new Commanding Officer, Commander Eugene Bailey to all of the NCTS families.

As quickly as 2011 came to a close, tax season is fast approaching! I am including some information on tax preparation and planning including some free resources to help you make April 15th a much less daunting (and possibly stressful) day!

As we all know, this winter in the San Diego area has been extremely dry. This leaves us prone to wild fires (in addition to earthquakes of course!). So there is no time like to present to get yourselves organized - and BE PREPARED! We, the families, as well as the sailors, need to be prepared in case of an emergency. We need to make sure our information is up to date in NFAAS, we have flashlights and bottled water ready. Make sure that we have an "emergency bag" ready to go which includes enough supplies for each member of your family for 3 days - don't be caught out. I have included a list of websites and resources that can offer useful information. Please take a few minutes to read them and make sure you are ready in case of an emergency.

Finally, I am really excited to let you know that I am working hard on the Ombudsman links on the NCTS website - watch this space. It's going to be loaded with great information and resources. As soon as it is up and running, an email will be sent out (family members - please make sure I have your contact info so I can keep you updated) .



Anna
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NCTS SD Ombudsman Reportables

As an ombudsman, I am bound by a strict code of ethics and confidentiality.

ONLY the following topics will be communicated to the Command. ALL other topics will remain CONFIDENTIAL:

- All suspected or known situations of child abuse or neglect;
- Alleged domestic abuse;
- Suspected or potential homicide, violence or life endangering situations;
- All suspected or known suicide risks;
- Any activity that is suspected or known to be criminal;
- Any severe financial issues.

~Tax Preparation Resources~

Navy Volunteer Income Tax Assistance (VITA)

www.jag.navy.mil

Free tax advice and preparation for service members and their families.

Military One Source

www.militaryonesourceeap.org

Free Federal and up to three State Returns for qualifying participants

Official Navy Tax Program

Centers are now open on bases

NBSD - BLDG 56

619- 556 6848



Citadel Shield 3/19-3/24

Many of you will know of the Solid Curtain/Citadel Shield, even if it is not by name. It's the exercise that's undertaken Navy wide to test the operational abilities and readiness of the Navy. Navy Region Southwest (including all of the local San Diego bases) will be under the Citadel Shield **March 19th through March 24th.**

During this time, if you do not have to go on base, avoid it. Commissaries, exchanges and non essential services will be closed for periods during this time and security will be heightened.

Upcoming Events

February

Tuesday, February 7th
Wednesday, February 15th
Friday, February 17th

Command Photo
Blood Drive
Military Off,
Civilians Liberal
Leave
Presidents Day

Monday, February 20th

March

Sunday, March 11th

Daylight Savings
Time Begins
Military Off,
Civilians Liberal
Leave

Friday, March 16th

March 19th thru March 24th

Solid
Curtain/Citadel
Shield

MWR

Every other Wednesday - 11-12.30

MWR/CWR Food Fundraiser at NCTS including burgers and hotlinks, nachos 'n cheese and grilled chicken dinners

Bootcamp Is Here!

E6 Bootcamp is 06-09 February
E5 Bootcamp is 13-16 February
E4 Bootcamp is 20-23 February

Do you have ideas for the next newsletter?
Email me at:
OMBUDSMAN.NCTSSD@GMAIL.COM

News You Can Use

Walgreens No Longer Accepting Tricare Prescriptions

Walgreens (including Duane Reade, Happy Harry's and OptionCare) has stopped participation as a provider of in the TRICARE pharmacy network as of January 1st, 2012.

If you fill a prescription at Walgreens and its affiliates, you will pay 100% of the cost and you will need to file a paper claim for non-network benefit reimbursement.

Call 1-877-885-6313 for more information.

Decal Renewal Now Available Online!

<https://www.pid.cnmc.navy.mil/>

Decal renewal has now become a lot easier!

You can renew your decals online using the above link (but you have to be renewing at the same base they were originally issued at).

2012 ASYMCA Essay Contests

Armed Services YMCA is announcing an essay contest "My Military Hero".

All children of Active Duty or Retired (20+trs) in 1st - 12th grade are eligible to enter the essay contest.

Entry deadline is March 16th

Visit www.asymca.org for more information

Prizes include US Savings Bonds

COMPASS - A Spouse's Guide to Navy Life

ALL spouses welcome

Feb 15-16 (5pm-9pm)

March 16-18 (9.30am-1.30pm)

Babysitting and meals provided

www.gocompass.org

18th Annual Polar Bear Swim

Friday, February 3rd

Registration 10am, Race 11am

NBPL, Smuggler's Cove

For More Information 619-553 0931

St. Patrick's Day 2 Mile Run/1 Mile Walk

Wednesday, March 14th 10am, (check in 9am)

Admiral Proutt Field House Track, BLDG 3279

Open to all ID card holders

Register online www.mwrtoday.com

Woof Walk

March 31st, 2012, 9am NBSD, Fitness Station (BLDG 3417)

enjoy a 1 or 2 mile walk with your dog

Check in 8-8.45am at picnic area behind the building

Free to all MWR patrons

Register at www.mwrtoday.com/sandiego/events/2011

2012 El Centro Air Show

March 10th, 2012 Free

Gates Open 9am

Naval Air Facility El Centro

Attention All Job Seekers!!!

Fleet and Family Support Center Job Fair

March 28th, 2012

Scottish Rite Center, 1895 Camino Del Rio South, Mission Valley

10am-2pm

Open to active duty, retirees, reservists, and their families

For more information call 619-556 9866

Shipmates to Workmates Career Forum

Thursday, February 9th 0900-1300

Island Club, Building X Rogers

NASNI

Spouse's Corner

Basic Suggestions for an Emergency Supply Kit - you should have enough for each person for AT LEAST THREE (3) days:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

Federal Emergency Management Agency

www.fema.gov/plan

Guidance for protecting families and property during disasters.

Navy Family Accountability and Assessment System (NFAAS)

<https://navyfamily.navy.mil>

Web based accountability, assessment and recovery tool for disaster affected Navy personnel and their families.

Ready America

www.ready.gov

Emergency preparedness checklists and forms.

Operation Prepare

http://cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/EmergencyManagement/OperationPreparedness

Emergency planning information and tools from the Navy.

Dita Bailey, the wife of our new CO, is excited to announce that she will be organizing some meet and greets for all Command members.

Playdates - Bring the kids and meet other spouses from the Command.

Tuesday February 7th, 10am-12pm -

Murphy Canyon Youth Center Playground

Wednesday, Feb 15th, 3pm-4.30pm -

Admiral Baker Park, Playground behind gazebo 7

Saturday, March 10th, 10am-12pm -

Montevale Park, 840 Duncan Ranch Road, Chula Vista

Thursday, March 22nd 3-4.30pm -

Tidelands Park Playground, Coronado

Meet and Greet over Coffee. Kids welcome

Tuesday, March 13th 9-11am

Grumpy Dan's Grill, Coronado Golf Course

2000 Visalia Row, Coronado

RSVPs appreciated, but not required.

Please feel free to email with any questions

DITA.BAILEY@GMAIL.COM

SAVE THE DATE!!

**Sunday, May 20th 2012
Annual Navy Bay Bridge
Run/Walk**

Register Today!

www.mwrtoday.com/bridgerun

**Save with early bird
registration before 2/29**